

Allan S.



Certified Personal Trainer
Team Member Since: 2004

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Body boarding
- Radio controlled helicopters



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining